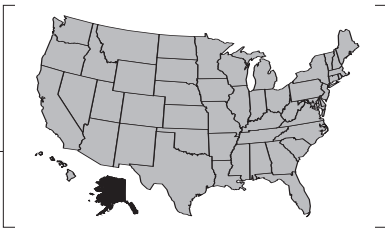


The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005



Alaska

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	11.1
Age 10-11	21.9	14.5
Age 12-14	14.4	12.6
Age 15-17	10.7	7.6
0-99% Federal poverty level	22.4	17.1
100-199% Federal poverty level	19.0	11.6
200-399% Federal poverty level	13.7	10.2
400% Federal poverty level or more	9.1	6.4
Male	18.1	13.8
Female	11.5	8.2
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	75.5
Age 10-11	78.2	83.4
Age 12-14	74.2	76.2
Age 15-17	63.3	70.3
Male	76.8	77.0
Female	65.6	74.2
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	61.6
Age 10-11	61.5	72.7
Age 12-14	61.6	63.9
Age 15-17	53.4	52.8
Male	62.1	60.1
Female	55.0	62.9
Percent of children with at least one parent who exercises regularly	72.9	77.3